

HUMAN DIMENSIONS OF COMBAT

MAIB1055

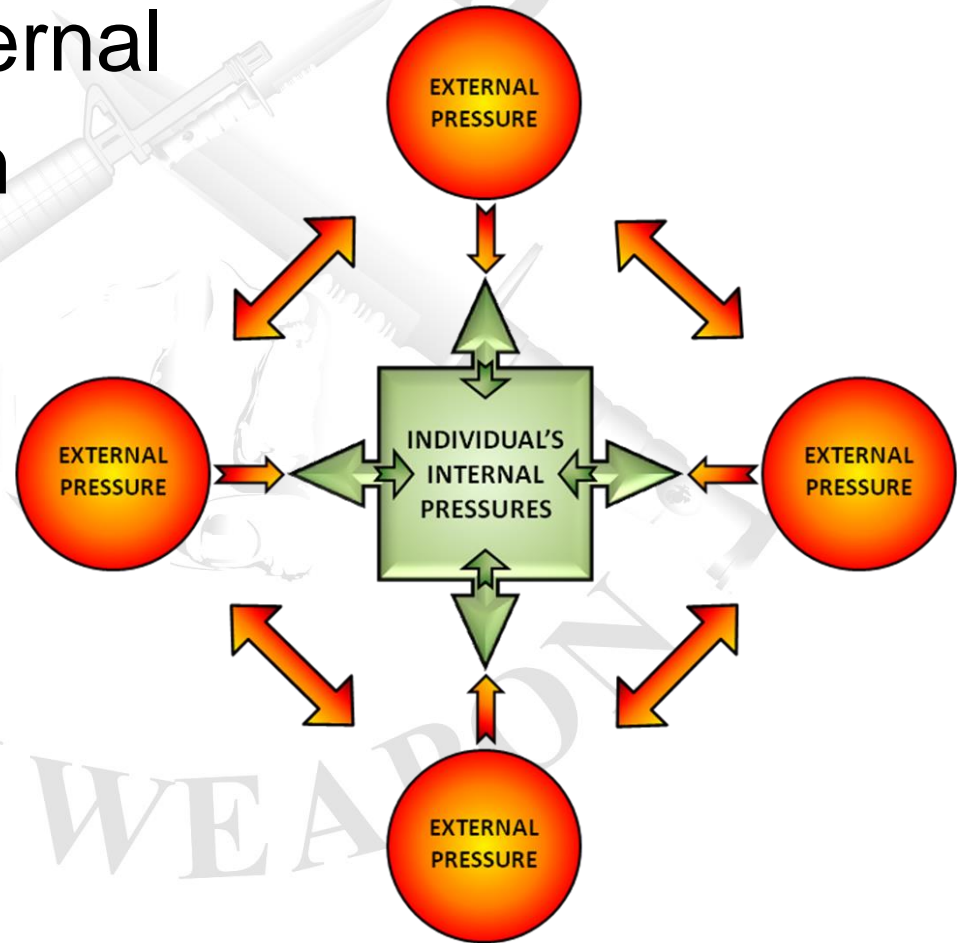
Marine Corps Martial Arts Program

OVERVIEW

- Pressures
- Response Cycle
- Response Mechanisms
- Survival Attributes

PRESSURES

- Internal and external
- Dynamic system
- Chain reaction



PRESSURES

Internal Pressures

- Emotional – fear, anger, joy, love, sadness, surprise
- Physiological – heart rate, pupil dilation, bladder voiding, tunnel vision, shaking
- Psychological – stress, tunnel vision, tachypsychia, auditory exclusion, precognition, cognitive dissonance

PRESSURES

External Pressures

- Personal issues – family, medical, financial
- Political, religious, cultural, ethnic, racial
- Climate, geography, resources
- Five stresses of combat
- Nine elements of combat





RESPONSE CYCLE

- Alarm – here comes trouble
- Vulnerability awareness – react or freeze
- Refocus – activate skills
- Survival – gain control
- Here goes – commit to action
- Response – deploying action



The background of the slide features a large, faint, light gray watermark of the FBI Seal. The seal is circular, with the words "ONE MIND" at the top and "ANY WEAPON" at the bottom. In the center of the seal is a shield containing a scale of justice, a sword, and a laurel wreath. Overlaid on this seal is the text "RESPONSE MECHANISMS" in a bold, olive green, sans-serif font.

RESPONSE MECHANISMS

Fight or Flight

RESPONSE MECHANISMS

Fight or Flight

- Natural response to flee
- Tendency to protect others
- Trained fight response
- Immediate action drills
- Tough, realistic, team oriented training
- The worst thing to do is freeze

RESPONSE MECHANISMS

Predatory vs. Affective Behavior

- Predatory
 - Stalking behavior
 - Extremely focuses
 - Manifest adaptive traits
- Affective
 - Overt physical and vocal displays
 - Increased adrenaline, heart rate & breathing
 - Ineffective & difficult to sustain
 - Innate adaptive traits

Inter-Species, Intra-Species

RESPONSE MECHANISMS

Inter-Species, Intra-Species

- Inter-species
 - Different species
 - Food chain relationship
 - Predatory behavior
- Intra-species
 - Same species
 - Establishing dominance
 - Affective behavior

RESPONSE MECHANISMS

Pseudo-Predatory Behavior

- Between humans
- Predatory intra-species behavior
- Depersonalize the enemy
- Killing a lower life





SURVIVAL ATTRIBUTES

SURVIVAL ATTRIBUTES

- High level of physical fitness
 - Physical ability to fight
- Gross familiarity with weapon systems
 - Reflex like skills
 - No time to think
- Mental preparation
 - Build determination
 - Develop warrior attributes

SURVIVAL ATTRIBUTES

- Post action coping
 - Communication
 - Compassion
 - Control
 - Conviction
 - Clear conscience
 - Hope



REVIEW

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- Response Cycle
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